



How To Use A MDI

How To Use A Metered-Dose Inhaler (MDI)

CUE WORDS

1. REMOVE CAP.
2. SHAKE WELL.
3. BREATHE NORMALLY & SLOWLY.
4. EXHALE.
5. OPEN MOUTH: **TILT CHIN UP** slightly.
or
CLOSED MOUTH: **SEAL LIPS** around the mouthpiece.
6. **INHALE AND DEPRESS** cartridge once.
7. **INHALE A SLOW DEEP BREATH**.
8. **HOLD BREATH** for 5-10 seconds.
9. **EXHALE SLOWLY**.